



ANDERSON
Regional Health System

Quality healthcare. Philanthropic service. Hometown support.

2017 COMMUNITY ANNUAL REPORT



On The Cover

The sculpture, "Little Hands of Peace," by Colorado artist Jane DeDecker, stands in the lobby of Anderson Regional Medical Center, representing the compassionate care provided at Anderson.

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Our mission.

To continue our heritage of healing and improving life
for the people we serve.

Our vision.

To be the healthcare provider of choice.

Our values.

We recognize:

- Respect
- Trust
- Dignity
- Responsiveness



As I walk the halls of our facilities, greeting patients and families, working with staff and speaking to physicians, I am humbled by the many ways this organization embodies our vision to be the healthcare provider of choice. We work daily to create the culture of quality healthcare, philanthropic service and hometown support that makes Anderson a household name.

The Anderson “brand” is a constant reminder of this vision, as illustrated by the symbols in our logo. To create the now-familiar shield icon for Anderson Regional Health System, a fundamental question was addressed — what makes Anderson “Anderson?” What differentiates us within the market and, more importantly, the community?

The conclusion, on the most basic level, is the name, Anderson. “Anderson” is our first identifier in this community.

But what is reflected in that name? What symbol conveys our legacy? Throughout this year’s annual report, we will tell you the story behind our brand — why our icon’s shield, medical cross, Christian cross and healing waves help us keep our mission — to continue our heritage of healing and improving life for the people we serve — at the forefront of everything we do.

You will see outstanding examples of our mission and vision in this year’s annual report — from a collaborative affiliation with the University of Mississippi Medical Center in Jackson to numerous community outreach programs. We look forward to continuing to strengthen this place we call home through advancements in quality healthcare, philanthropic service and hometown support.

John G. Anderson, FACHE • President & CEO



*Joseph M.S. Anderson, D.Min.
Chairman*



Dr. John Clay



Jan Farrington



Thad Quarles

Directors



Dr. Shawn Anderson



Bill Crawford



Gay Hill



David Vowell

2017 Medical Staff Officers



Dr. Otis Gowdy
Chief of Staff



Dr. Dave Russell
Past Chief of Staff



Dr. John Blackwell
Vice Chief of Staff



Dr. Jennifer Rodriguez
Secretary



Dr. Hans Tulip
Chief of Surgery



Dr. Muzaffar Rahat
Chief of Medicine

Executive Team



Dr. W. Scot Bell, JD
Chief Medical Officer



Steven Brown
Chief Financial Officer



Betty Cryer, RN, MSN
Chief Nursing Officer



Wanda Cooper
Vice President
of Professional Relations



Denton Farr
Vice President
of Operations

Quality



The signing of the new affiliation agreement “is a step forward for both organizations,” Kevin Cook, UMMC CEO said. “The future of healthcare in Mississippi is one that is founded on collaboration and cooperation among the in-state systems.” Above, the University of Mississippi Medical Center campus in Jackson; below, Anderson Regional Health System campuses in downtown Meridian.



*Kevin Cook, CEO,
UMMC Health System*

healthcare.

Anderson and UMMC Combine Expertise with 2017 Affiliation

A collaborative agreement between Anderson Regional Health System and the University of Mississippi Medical Center in Jackson inked in 2017 will strengthen and expand healthcare services in east-central Mississippi and west-central Alabama. With an initial focus on pediatric care, the affiliation brings medical education, research and advanced healthcare offerings from Mississippi's only academic medical center to Anderson's established, comprehensive system. That expanded access will enable more area residents to stay home for treatment, said Kevin Cook, Chief Executive Officer of the UMMC Health System.

The affiliation "is all about advancing healthcare in the community," said John G. Anderson, President and CEO of Anderson. "We believe in the provision of advanced medicine and compassionate care, close to home." Combining the expertise of Anderson Regional and UMMC puts patients first, leaders say.

The new ties come at a time when Anderson is actively expanding services to better serve residents of the region. The mutually beneficial affiliation, which is not a merger but rather an agreement to work together to enhance patient care where possible, "is part of our three-year strategic plan," Anderson said.

The relationship includes outreach by UMMC faculty physicians whose sub-specialties aren't widely available in Meridian and surrounding areas, especially pediatric sub-specialists working with Batson Children's Hospital. Anderson Regional offers the only inpatient pediatric services in the Meridian area and also provides pediatric physical, occupational and speech therapy.

Dr. Deanna Price, a UMMC graduate and pediatrician on Anderson Regional's medical staff, is "excited about the future of pediatric healthcare in East Central Mississippi." Anderson pediatricians will utilize telehealth for consults with pediatric sub-specialists from UMMC, "which will provide quick feedback for concerned parents," said Price.

"In addition to pediatric telehealth services, we will be exploring collaborative efforts that utilize technology in other areas such as the ICU and remote patient monitoring at home," said Dr. Charles O'Mara, UMMC Professor of Surgery and Associate Vice Chancellor for Clinical Affairs.

The affiliation will also allow UMMC to expand educational training programs for Mississippi practitioners by placing medical residents and fellows at Anderson, where they can deliver patient care in concert with Anderson's 200-member medical staff.

The story
behind
our brand.



The crest or shield is a stately and dignified symbol associated with family, a long history and deep roots. The shield is also the symbol of a protector, a safe haven, an entity that preserves the well-being of those who may not have the ability to protect themselves. Our shield represents our mission: to continue our heritage.



The heart of the Anderson shield is the red medical cross, a symbol known around the world for healing, protection, safety and relief for those who suffer all manner and forms of afflictions — the very things that Anderson has included in its mission throughout the years.

Innovative Procedure Treats Colorectal Cancer



Dr. Patrick Robbins, an Interventional Radiologist with interest in Interventional Oncology, is now using an innovative form of radiation therapy called Selective Internal Radiation Therapy (SIRT) or Radioembolization as an alternative treatment for patients diagnosed with colorectal cancer.

SIRT is an option for patients who cannot undergo surgery or ablation because their tumors are too large or too numerous. In this minimally invasive procedure, millions of radioactive particles, each no bigger in diameter than a human hair, are delivered directly to the tumor through the bloodstream.

Dr. Robbins said, “Over the last 10 to 15 years, radioembolization for advanced diseases such as metastatic colorectal cancer has given patients a viable treatment option — where very few options previously existed. I chose to come to Meridian to build on the foundation of excellent cancer care already established and I am happy to now offer this advanced therapy to patients in this area.”

Breast Center Marks Decade of Excellence

With its most recent inspection and accreditation in 2017, Anderson Regional Breast Center has consistently remained Meridian’s most advanced breast imaging facility for ten years after reopening its larger, current facility on the North Campus in 2007. Since passing the annual inspection required by the Mammography Quality Standards Act and receiving a fourth consecutive three-year accreditation by American College of Radiology (ACR) as a Breast Imaging Center of Excellence, the center continues to provide a full line of breast imaging services that includes digital mammography, breast MRI, breast ultrasound, breast ultrasound biopsy and stereotactic biopsy.

Sharlyn Braddock, Director of Anderson Regional Breast Center, said, “These recognitions signify that our facility meets quality assurance and safety guidelines. We take great pride that our breast center voluntarily maintains the Imaging Center of Excellence status designated only to those whose efforts go above the minimal requirements.” The ACR gold seal of accreditation represents the highest level of image quality and patient safety.



In the photo below, the staff of Anderson Regional Breast Center. Sitting, from left: April Smith, Ashley Neal, Kimberly Rainer and Shanta Elliott. Standing, from left: Dr. Amy Coleman, Debra House, Flossie Straight, Kay Rains, Cynthia Rigdon and Sharlyn Braddock.

healthcare.



The team that implanted the pacemaker included, from left: Andrew Lee, RN; Brittany Pippin, RN; Russ Williamson, RT; Dr. Attila Roka, Electrophysiologist; and Dr. Timothy Boyd, Interventional Cardiologist. Also on hand was Raymond Moore, Medtronic Representative.

World's Smallest Pacemaker Implanted At Anderson

Anderson Regional Medical Center was one of the first hospitals in Mississippi to utilize the world's smallest pacemaker in 2017 for the treatment of patients with bradycardia, a condition characterized by a slow or irregular heart rhythm. Dr. Attila Roka and Dr. Timothy Boyd performed the first procedure using Micra® Transcatheter Pacing System (TPS) at Anderson. TPS is a new type of heart device that provides patients with the most advanced pacing technology at one-tenth the size of a traditional pacemaker. Micra is the only leadless pacemaker approved for use in the U.S.

"In patients with bradycardia, the heart may beat fewer than 60 beats per minute," said Dr. Boyd, with Cardiovascular Institute of the South (CIS). "At this rate, the heart is unable to pump enough oxygen-rich blood to the body during normal activity or exercise, causing dizziness, fatigue, shortness of breath or fainting spells. Pacemakers are the common way to treat bradycardia, restoring the heart's normal rhythm by sending electrical impulses to the heart to increase the heart rate."

Dr. Attila Roka, also with CIS, said, "We elected to use the Micra TPS because, unlike traditional pacemakers, the device does not require cardiac wires or a surgical pocket under the skin to deliver a pacing therapy. This pacemaker is comparable in size to a large vitamin, which enables me to deliver it through a catheter and implant it directly into the heart. This is a safe alternative to conventional pacemakers without the complications associated with leads, plus it is cosmetically invisible."

Anderson Offers Breakthrough Treatment for Sleep Apnea

In 2017, Anderson Regional Sleep Disorders Center started offering Inspire Upper Airway Stimulation (UAS) Therapy®, a breakthrough treatment option for obstructive sleep apnea (OSA).

Inspire Therapy is the first implantable device for treating OSA. In contrast to Continuous Positive Airway Pressure (CPAP) therapy, Inspire Therapy works from inside the body and with a patient's natural breathing process. "In our practice we see many patients who have

stopped using or are unable to tolerate CPAP," said Dr. Kary Whitehead, Sleep Medicine Specialist at Anderson Regional Sleep Disorders Center.



Dr. Whitehead

"Inspire Therapy is clinically proven to reduce sleep apnea events and also has a high level of patient satisfaction and therapy adherence. We are excited to offer this promising therapy."

Dr. Whitehead is working closely with Dr. Cody Aull, Otolaryngologist at Anderson Ear, Nose and Throat Center, who implants the Inspire Therapy neurostimulator in an outpatient setting at Anderson Regional Medical Center.



Dr. Aull

Anderson Falls Prevention Model Now Nationwide “Best Practice”



Anderson Interdisciplinary Falls Prevention Team, front row from left: Christy Bell, RN; Brandy Jackson, RN; Jessica Clark, RN; Fanci Vaughn, RN; Melia Goodman, RN. Center row from left: John G. Anderson, President and CEO; Betty Cryer, Chief Nursing Officer; Beverly Bush, RN; Sky Joiner, Registered Dietitian; Ashley Dikes, Information Technology; Donna Herrington, Director of Legal and Risk Management; Vickie Skinner, Director of Nursing Anderson-South; Wanda Cooper, VP Professional Relations. Back row from left: Angela Kingery, Director of Inpatient and Outpatient Rehabilitation; Connie Lee, Director of Quality; Chris Myers, Risk Manager and Patient Safety Officer; John Hampton, Director of Environmental Services. Not pictured: Dr. Scot Bell, Chief Medical Officer; Jason Cain, RN; Diane Nobles, RN; DeAnna Richmond, RN; Cassandra Gibbs, RN; David Howell, Radiology Services Manager; Sandra Jones, RN.

Patient falls — a concern of hospitals nationwide — may sometimes result in injury and lead to increased and unintended hospitalization. However, close to one-third of patient falls can be prevented, as reported by the Agency for Healthcare Research and Quality (AHRQ).

Anderson Regional Medical Center was one of ten hospitals selected in 2017 to participate in a nationwide effort to reduce patient falls in healthcare facilities. As part of this effort, an interdisciplinary falls prevention team met regularly to develop a program to manage a patient's underlying fall risk factors and optimize the hospital's physical design and environment. The program Anderson developed was recognized as a “best practice model” and is now being used at hospitals across the country.

Chris Myers, RN, BSN, LHRM, CHSP, Anderson Regional Health System's Risk Manager and Patient Safety Officer, said, “Any patient of any age or physical ability can be at risk for a fall. Patients sometimes experience physiological changes due to a medical condition, medications, surgery, procedures or diagnostic testing, causing them to become weak or confused and more susceptible to falling. Our goal is to minimize these occurrences and set the bar nationwide for reducing preventable falls.”

Level III Trauma Center Receives Three-Year Re-Accreditation

Anderson's Trauma Program received glowing remarks during a recent 2017 survey. The survey team was impressed with the structure and organization of our well-developed program and the hospital's commitment to trauma care.

Pictured at right, from left: Brandye Vance, RN, Trauma Program Director; Dr. Frank Ehrlich, Physician Surveyor; Teresa Windham, State Surveyor; Shelia Shappley, Nurse Surveyor; Dr. Hans Tulip, Trauma Program Medical Director; Betty Cryer, Chief Nursing Officer; and John Anderson, President and CEO.





Cardiopulmonary Rehab Program Medical Directors are Dr. Edward Holmes, Pulmonologist (far left), and Dr. Dave Russell, Cardiologist (far right). Jennifer Bell, RN, BSN, Director of Cardiovascular Service Line (back row, second from left), serves as Program Director. The Program is staffed by (front row, from left) Regina Haralson, RN, Nurse Manager; Monica Hagan, RN; Renea Hardy, RN; and Glenda Hall, RN (back row, second from right).

Cardiopulmonary Rehab Program Certified

In 2017, Anderson Regional Health System received certification of its Cardiopulmonary Rehabilitation Program by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

Regina Haralson, RN, Nurse Manager of Anderson Cardiopulmonary Rehabilitation Program, said, "As a certified program, we are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because we offer the most advanced practices available. We are proud to receive recognition for our commitment to improve our patients' quality of life."

Medical Staff Members

In 2017, we welcomed 22 physicians representing a wide array of specialties to our medical staff.

| | | | |
|-------------------------------|--------------------------------|----------------------------|-------------------|
| Dr. Melissa Brents | Pathology | Dr. Jamie Hardeman | Anesthesia |
| Dr. Gregory Auzenne | Pain Management/ Anesthesia | Dr. Austin Homes | General Dentistry |
| Dr. Rahmath Begum | Family Medicine | Dr. Peter Ilieve | Anesthesia |
| Dr. Jeb Clark | Hospital Medicine | Dr. Marvin Lee..... | Hospital Medicine |
| Dr. Cassie Confait | Ophthalmology | Dr. Irvin Martin III | Orthopedics |
| Dr. Ehsan-Ullah Durrani | Hospital Medicine | Dr. David Pomierski | Orthopedics |
| Dr. Jason Farrar | Hospital Medicine | Dr. Lanee Riley | Hospital Medicine |
| Dr. Justice Gondwe..... | Hospital Medicine | Dr. John Speights | Hospital Medicine |
| Dr. Taniith Graham..... | Anesthesia | Dr. Imran Umer | Rheumatology |
| Dr. Jim Gray | Radiology | Dr. James Watson | Orthopedics |
| Dr. Rosalind Hammond | Hospital Medicine | Dr. James Wallace | Urology |

Physician Recruitment Costs and Benefits

Minimum Cost to Recruit One Family Medicine Physician to our Area

| | |
|---|------------------|
| Physician salary | \$225,000 |
| Benefits/perks | \$50,000 |
| Recruiter cost (in-house or agency) | \$25,000 |
| Candidate sourcing | \$10,000 |
| Candidate/spouse interview | \$3,000 |
| Physician relocation | \$10,000 |
| Practice marketing/incidental | \$3,000 |
| Total | \$326,000 |

Taken from Merritt Hawkins (an AMN Healthcare Company)

Local Community Impact from a Physician

Total Economic Output: The combined economic output of patient care physicians in the United States is \$1.6 trillion.

Per Capita Economic Output: Each physician supports a per capita economic output of \$2.2 million.

Jobs: On average, each physician supports around 14 jobs.

Wages and Benefits: On average, each physician supports a total of \$1.1 million in wages and benefits.

Tax Revenues: On average, each physician supports \$90,449 in local and state tax revenues.

Source: The American Medical Association sponsored report: The National Economic Impact of Physicians



Philanthropic

The story
behind
our brand.



Anderson is about more than healing the human body — it is about healing the human soul — reaching out to those who seek compassion, those who are in need of mercy and those who yearn for the warm touch of a nurse or a kind word from a doctor. The Christian cross is a symbol recognized around the world as a sign of hope, love and helping others — especially the “least of these.”

A Anderson Regional Cancer Center held its 14th Annual Christmas Tribute in the North Lobby of the Medical Center. The purpose of this yearly event is to honor and memorialize loved ones by hanging commemorative ornaments. The 2017 Christmas Tribute honored 425 individuals and raised close to \$6,500 for the Cancer Patient Benevolence Fund. At left, Judy Whittington hangs ornaments in memory of her husband, Chaplain Reid Whittington, plus her sister and mother, who were all treated at Anderson Regional Cancer Center.

service.

The Cancer Patient Benevolence Fund is funded entirely by donations. By the end of 2017, \$42,991.55 from the fund was used to help 243 cancer patients with special needs in our service area. These needs — such as transportation assistance, prosthesis, medicine assistance, lymphedema supplies and durable medical equipment — are many times not covered by insurance.



Talented Young Meridian Artists on Display

Meridian Museum of Art board members frame works by the young winners of the 2017 Threefoot Arts Festival Art Contest to display at Anderson. Above, left photo, from left, Cary Haycox, Kris Gianakos and Trish Frazier. At right, David Barr hangs the artwork in the long hall between the main hospital entrance and the North Lobby.

Philanthropic



Nurses Help Make Holidays Special

Anderson's Nursing Units sponsored 18 children in the Wesley House "Christmas Angels" program in 2017, making a large delivery of bikes, toys, clothes and more to help needy children experience the joy of Christmas.





Anderson Volunteer Auxiliary Makes a Difference in 2017

Anderson Volunteer Auxiliary gave of their time and money throughout the year as valuable members of the Anderson team. They raised funds to purchase items for many different areas of the health system, such as wheelchairs and, pictured above, diabetes monitors. The monetary value of the items donated came to \$5,743.69 — but as the commercial tagline says — the time donated was priceless.



Donating to Salvation Army

Rather than exchanging gifts among themselves in 2017, staff members of the Nursery Department chose to adopt two children from the Salvation Army for Christmas — creating a very happy holiday inside and out.

Community Minded Employees

Many Anderson employees serve as leaders for local and state organizations.

- Ability Works
- Alliance for Growth
- American Heart Association - East Central MS Chapter
- Boys and Girls Club of East Mississippi
- Community Health Improvement Network
- East Mississippi Business Development Corporation
- Epilepsy Foundation of Mississippi
- Fellowship of Christian Athletes
- Free Clinic of Meridian
- Hope Village for Children
- Leadership Lauderdale
- Lions Club International — Meridian
- Meridian Community College Nursing Advisory Board
- Mississippi Children's Museum
- Mississippi Hospital Association
- Mississippi Industries for the Developmentally Disabled
- United Way of East Mississippi



*Michelle Johnson, RN, IBCLC, RLC (left)
and Reba Lee, RN, IBCLC, RLC,
are the area's only International Board Certified
Lactation Consultants.*

Hometown

The story behind our brand.



It takes a team to "improve life for the people we serve," and our team of healers continues to build on Anderson's long-standing legacy of compassion. Healing waters have a rich history in all faiths and countries around the world. For Anderson, the three waves of healing waters represent the three groups who make healing possible. From the base of the waves reaching upward, the waves represent our Physicians, our Caregivers and our Support Team.



Green conveys our commitment to renewing the body and spirit. Green also conveys hope, a new day and growth. Red is a rich, deep color and is a perfect complement to the green. Red is associated with many of our values: love of mankind, strength of character and is the symbol of medical care throughout the world.

Milk Depot Supports Moms and NICU Babies



Mothers' Milk Bank of Mississippi has added Meridian to its growing list of depot locations around the state with a newly established drop-off location at Anderson's Lactation Center. A non-profit organization, Mothers' Milk Bank of Mississippi accepts, pasteurizes and dispenses donor human milk by physician prescription

to premature and ill infants.

"Mississippi has the highest premature birth rate in the country. That means we have many premature babies who need life-saving human milk. Often, the moms of these babies have difficulty producing their own milk at first. That's where we come in. Moms who have extra milk are screened through interviews, medical record reviews from their healthcare providers and blood tests. The donated milk is then pasteurized and tested for safety before being dispensed to NICUs around our state. Donor moms are vital to our mission. Without the donors, there is no milk," said Linda Pittman, RN, BSN, IBCLC, Executive Director of Mothers' Milk Bank of Mississippi.

Anderson's Neonatal Intensive Care Unit cares for premature, underweight or sick babies who require the highest level of care. Human milk is important for premature infants because it provides both nutrition and immunities that cannot be matched by formula.

"Human milk is life-changing. It is full of immune system boosters, infection-fighting factors and unique proteins, fats, carbohydrates and enzymes necessary for preemies to survive," said Reba Lee, RN, IBCLC (International Board Certified Lactation Consultant).

support.



Raising Awareness About Heart Disease

Go Red for Women — an American Heart Association heart health awareness event — was a huge success in 2017, with a record attendance of 180 people. The annual event, held at the MSU Riley Center, was hosted by Dr. Jennifer Rodriguez, with special guests Sky Joiner, Anderson Registered Dietitian, and Chef Marshall Gilmore from Harvest Grill. Dr. Rodriguez and Joiner educated the crowd on heart health with a focus on cooking healthy foods that taste good. Chef Gilmore provided a cooking demonstration as the guests enjoyed a delicious meal from Harvest Grill.



Dr. Jennifer Rodriguez, left; Sky Joiner, center; and Chef Marshall Gilmore at the 2017 Go Red event.



Working for a Healthy Lifestyle and Helping Local Children

The 34th annual Anderson Cup Road Race brought in athletes of all ages and speeds with a 5K race, 2M walk and 1M fun run. Proceeds from the yearly event went to The Meridian Freedom Project, a leadership program for high school students.

In the photo at right, Adam Hodges (left) joins Bethany Williams and Matt McHan from the Revenue Cycle Community Outreach Team that donated more than 350 bottled waters for the Anderson Cup Road Race.



support.



Sunburn, Dehydration and Blisters, Oh My!

The 2017 Jimmie Rodgers Music Festival had thousands of attendees, and Anderson was there sponsoring a First Aid tent, "just in case." Only minor health needs were treated, quickly getting attendees back to enjoying the music.

Many Anderson nurses staffed the tent throughout the weekend, including Vanessa Walker, RN (left) and Christy Napp, RN (right).



At the 2017 awards ceremony were, seated from left, John G. Anderson, President and CEO of Anderson Regional Health System; Betty Cryer, Anderson Chief Nursing Officer; Jan Farrington, Anderson board member, Gay Hill, Anderson board member; Dr. Joe Anderson, Anderson Chairman of the Board; Mary Anderson, Anderson representative; Dr. Betty Davis, MCC Dean of Nursing; and Dr. Scott Elliott, MCC President. Standing back from left are Dr. W. Scot Bell, Anderson Chief Medical Officer; Alisha Moody; Zoria McCarty; Madison Marshall; Byron Hathorn; Victoria Griffith; Monica Drummond; Brenda Hollaway; and Wanda Cooper, Anderson Vice President of Professional Relations.

Helping Future Nurses — MCC Scholarships Awarded

For the 29th year, Anderson has made a difference in the lives of nursing students at Meridian Community College through scholarships. One of those students is Alisha Moody, who has a passion for taking care of others. "I've always loved taking care of people," she said. Moody, formerly a dental hygienist, entered into the study of nursing to fulfill her desire to be a nurse. "I got a later start than I wanted," said Moody, wife and mother of three children, who balances her academic work and family life.

She's also one of seven MCC third semester Associate Degree Nursing Program students, pictured above, who received an Anderson Regional Health System Scholarship at a 2017 ceremony held in the healthcare facility.

The students were applauded by MCC nursing faculty and administration as well as by Anderson officials. The scholarship recipients are outstanding nursing students who receive the honor based on scholastic ability, nursing excellence, the recommendation of MCC faculty, an application and a written essay on why they chose nursing as a career.

John G. Anderson, President and CEO of Anderson Regional Health System, said, "We've had a long-standing relationship with the Meridian Community College nursing program over many years. And we have benefited because much of our nursing work force has come directly from that relationship. We are honored to present these scholarships," he said.

MCC President Dr. Scott Elliott echoed Anderson's statements, adding, "It's a partnership that really enables our nursing program to exist. We couldn't do it in a vacuum." He noted, "We're very privileged to be in the company of excellence."



Pictured at left, from left, are Laura Hodges, Registered Dietitian; Adam Hodges, General Manager of the Fitness Center; and Kristen Tibbetts, Fitness Director.

Fitness Center Focuses on Diabetes Prevention

With more than 86 million people in the United States with pre-diabetes and likely to develop Type II diabetes, Anderson Health & Fitness Center is on a mission to change the statistics.

Through its new "Diabetes Prevention Program," the Health & Fitness Center is working to help people stop the progression of pre-diabetes into Type II diabetes. The program is recognized and approved by the Centers for Disease Control (CDC) and helps reverse pre-diabetes through proper diet, exercise and education.

John Anderson, President and CEO of Anderson Regional Health System, said, "We opened our Diabetes Center 24 years ago, and we have continued to serve as a resource in a region where diabetes is so prevalent. Introducing a diabetes prevention program in our medically based Health & Fitness Center is an additional effort to address this great need in our community."

Participants will not only have access to the full array of services at the Health & Fitness Center, they will also be able to attend classroom sessions.

support.

The staff of Anderson Family Medical Center - Enterprise visited the Kindergarten class at Enterprise Elementary School for 2017 "Community Helper Day."

They shared information about what the clinic can do to help kids feel better. Pictured up front in chairs, from left:, Leah Jimmerson, RTR; Rhonda Kelly, LPN; and Ashley Gray, FNP.



Hometown



Reinforcing the Importance of Literacy

For National Literacy Day, members of the Anderson team went to Oakland Heights Elementary School and read books to students.

Above, from left: Ann Weddington, Shelia Robinson and Marcus Willis. At right, Elizabeth Wiggins.



support.

Employees and volunteers at Anderson joined the United Way's "Stuff the Bus" event, held annually to collect school supplies for students who may not be able to afford the necessary supplies to start the new school year.



In 2017, the East Central Mississippi Trauma Care Region (ECMTCR) recognized Anderson Regional Medical Center as one of many local organizations that sponsored the Rural Clinician Airway Management Course at Meridian Community College's Workforce Development Center. Pictured at left, from left, are Wanda Cooper, Vice President of Professional Relations; Jason Cain, RN; Brandye Vance, RN; and Janet Terrell, RN.

Each year, in honor of National Cancer Survivors Day, we invite cancer survivors to put their handprints on a canvas that hangs in Anderson Regional Cancer Center. The canvas reflects years of survivorship and encourages patients on their journeys. This year, 104 survivors put their handprints on the canvas, representing a total of 883 years of survivorship.





NICU Reunion Celebrates Life

Anderson was pleased to bring together former Neonatal Intensive Care Unit families and our expert care team for an afternoon of fun in May 2017. The event featured pony rides, face painting, jumpies and refreshments. Our NICU kids put their handprints and year born on a big canvas that is prominently displayed by the nursery.



Neonatologist Dr. Roland Boyd (center) catches up with a former NICU family.



Hometown



Ginny Ruffin, LSCSW, takes questions at a Lunch & Learn session about "Healthy Ways to Manage Stress."

Lunch & Learn Sessions Inform Public

Community outreach through informative "Lunch & Learn" sessions continues to be a priority for Anderson Regional Health System. A variety of topics were featured in 2017 and each event offered a healthy lunch for attendees. Topics included:

- ***The Disease Fighting Kitchen***
Karla Bailey, Registered Dietitian
Anderson Regional Medical Center
- ***Healthy Ways to Manage Stress***
Ginny Ruffin, LSCSW
Oncology Social Worker/Patient Navigator
Anderson Regional Cancer Center
- ***Financial Matters***
Steven Brown, CFO
Anderson Regional Health System
- ***Legal Documents Everyone Needs to Have***
H. Wingfield Glover III, Attorney at Law
Glover, Young, Walton & Simmons, PLLC
- ***Changing Life with Diabetes***
Terri Patterson, RN, BSN, CDE
and Denise Roberts, RD, LD, CDE
Anderson Diabetes Center

support.

Below, from left, Christy Napp, RN; Dr. Cody Aull; and Wayne Herrington, Administrative Director of Anderson Regional Cancer Center, at Oral Cancer Screening.



Hometown

Free Medical Screenings Offer Unique Opportunities

Not everyone can afford a screening for important medical issues — or may not think they need one. Throughout 2017, Anderson teamed with physicians to offer basic screenings to the public.



Taking part in the successful 2017 Skin Cancer Screening were, from left: Christy Napp, RN; Dr. Lee Thornton; Dr. Kenneth Saul; Kerri Gibson, RN; and Libba Cooper, RN.

support.

2017 Screenings

▪ **Free Mammogram at Open House**

Anderson Regional Breast Center

Dr. Amy Coleman and staff

▪ **Skin Cancer Screening**

Anderson Regional Cancer Center

Doctors Mark Elliott, Lee Thornton and Kenneth Saul

▪ **Prostate Cancer Screening**

Anderson Urology Clinic of Meridian

Doctors Robert Dilworth, Mark Phillips
and James Wallace

▪ **Oral Cancer Screening**

Anderson Regional Cancer Center

Dr. Cody Aull



More than 60 men were screened by Drs. Robert Dilworth, Mark Phillips and James Wallace during the 2017 Prostate Cancer Screening. From left: front row: Jalisa Thomas; Libba Cooper, RN; Dr. Phillips; Brittany Winstead; and Amy Reed. Back row: Dr. Wallace; Marcus Willis; Christy Napp, RN; and Dr. Dilworth.

Contributions to Organizations

- Alzheimer's of Mississippi
- American Cancer Society
- American Heart Association
- Boys and Girls Club of East Mississippi
- Care Lodge
- Choctaw Area Council of Boy Scouts
- Choctaw Central High School
- Clarkdale High School
- Cystic Fibrosis Foundation
- Diabetes Foundation of Mississippi
- Distinguished Young Women
- East Mississippi Business Development Corporation
- Enterprise High School
- Fellowship of Christian Athletes
- Hope Village for Children
- Junior Auxiliary
- Lamar School
- Lauderdale County Council on Aging
- Lauderdale County Sheriff's Department
- Meridian Community College
- Meridian Little Theatre
- Meridian High School
- Meridian Public School District
- Meridian Symphony Orchestra
- Meridian Youth Soccer Organization
- Mississippi Arts and Entertainment Experience
- Mississippi Children's Museum
- National Alliance on Mental Illness - Meridian
- National Child Safety Council
- Newton County Academy
- Northeast High School
- Parent Circle Support Group
- Philadelphia High School
- Puerto Rico Care Fund for Hurricane Maria Relief
- Southeast High School
- Texas Hospital Association/Houston Hospital Employees for Hurricane Harvey Relief
- West Lauderdale High School

Hometown

A special Breast Cancer Survivor Reception in 2017 featured national motivational speaker Shondia Sabari of Bold & Breastless Inc., as well as fellowship, games, prizes and refreshments.



Breast Cancer Open House Provides Free Mammograms

Anderson Regional Breast Center's 2017 Open House was unique in that it offered information and, for those without insurance, a free mammogram. Thanks to extensive publicity and outreach at local meetings, the event generated a remarkable response, including this one: "On behalf of the Meridian Chapter of the Moose, we are making a donation of \$100 to the Cancer Patient Benevolence Fund. During the month of October, Anderson staff members Sharylnn Braddock and April Smith were speakers at our monthly meeting. They discussed the importance of early detection. We actually had three members attend the Open House who were able to have mammograms."



Support Groups and Classes

Visit AndersonRegional.org for dates, times and details.

A.W.A.K.E Sleep Disorders Support Group

The Alert Well And Keeping Energetic group is for individuals suffering from sleep apnea.

Alzheimer's Support Group

This group offers support, education and fellowship for Alzheimer's caregivers.

Big Brother! Big Sister!

There are many important lessons for big brothers and sisters to learn before that wonderful baby arrives. This class helps introduce children (ages 12 years and under) to the upcoming changes in the family.

Breastfeeding Class

Breastfeeding is the absolute best way to feed a baby because breast milk offers a lifetime of health benefits for both mom and baby. This class provides information on the "why to" and the "how to" of breastfeeding.

Breastfeeding Support Group

Our Breastfeeding Support Group is a great way for women to connect with other breastfeeding moms with encouragement and support from our Lactation Consultants.

Cardiac Support Group

After a cardiac event, patients need extra guidance on diet, exercise, stress and more. This group provides patients with educational information and support as they adopt new lifestyle changes.

Childbirth Classes

As childbirth approaches, many questions about the labor and delivery process arise. These classes cover topics such as the discomforts of pregnancy, stages of labor, coping strategies, anesthesia options, surgical interventions, recovery care and more.

Diabetes Support Group

Individuals with diabetes can offer each other support at our Diabetes Support Group meetings. This group allows participants to share their experiences with diabetes, learn from others and interactively discuss how they live with diabetes.

Epilepsy Support Group

This group offers support, education and fellowship for those with epilepsy and their caregivers.

Infant CPR Class

This class is provided by an experienced nursery nurse and is designed to give new parents, as well as other caregivers, the basic information on what to do in emergency situations that might require the skills of infant CPR.

Look Good, Feel Better

"Look Good, Feel Better" is a free program sponsored by American Cancer Society. The program is dedicated to improving the self-esteem and quality of life of people undergoing treatment for cancer. The goal of Look Good, Feel Better is to help improve patients' self-image and appearance through complimentary group, individual and self-help beauty sessions.

Newborn Care Class

This class is designed to give a new parent the confidence needed to care for the new baby. Everything from normal newborn behavior and characteristics at delivery to practical advice for daily care and other tips is included in this session.

Stroke Support Group

This group offers support, education and fellowship for stroke survivors and their caregivers.

Tobacco Cessation Class

Want to quit? This class provides motivational strategies in a supportive group setting. The six-week course is taught by a certified tobacco treatment specialist.



2017 Data

38,713

Emergency room visits



12,646

Inpatient admissions



1,154

Babies born



10,038

Surgical cases performed



50,564

Clinic visits



162,716

Outpatient registrations



1,407

Paid full-time & part-time employees



\$79,365,247

Salaries, wages & benefits



64,207

Days of care provided to inpatients



\$12,440,000

Charges forgone to provide charity care





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